

5 WHAT IS CLAIMED IS:

10 5 1. A method of using an adjustable backless, strapless
bra comprising:

15 10 independently positioning a pair of bra cups over each of
a user's breasts, wherein the bra cups have an interior
surface adapted for placement over the user's breasts;

20 15 adjoining a pressure sensitive adhesive layer disposed
along the interior surface each of the bra cups to a desired
position on the user's breasts, wherein the pressure sensitive
adhesive layer of each bra cup is sufficiently readily removed
25 20 from the user's breast independently of the other bra cup to
be repositionable relative to the user's breast and to the
adjacent bra cup; and

25 25 adjoining the bra cups together by engaging a connector
positioned between inner sides of each of the bra cups,
wherein the connector comprises a first portion attached to
the inner side of one of the bra cups and a second portion
attached to the inner side of the other bra cup, wherein the
first portion and the second portion are adapted to
cooperatively engage.

30 30 2. The method of claim 1 wherein each bra cup comprises
an outer side facing opposite the inner side and towards the
user's armpit, and the bra cup is secured to the user's breast
by the pressure sensitive adhesive layer.

35 35 3. The method of claim 1 wherein the bra cups each
comprise a thermoplastic film material supporting the pressure
sensitive adhesive layer.

4. The method of claim 3 wherein the thermoplastic film
5 material is disposed between a fabric material and the
pressure sensitive adhesive layer.

10 5. A method of using a backless, strapless bra to
adjust breast cleavage comprising:

independently positioning a pair of bra cups over each of
a user's breasts, wherein the bra cups have an interior
surface adapted for placement over the user's breasts;

15 adjoining a pressure sensitive adhesive layer disposed
along the interior surface of each of the bra cups to a
desired position on the user's breasts, wherein the pressure
sensitive adhesive layer of each bra cup is sufficiently
readily removed from the user's breast independently of the
20 other bra cup to be repositionable relative to the user's
breast and to the adjacent bra cup;

25 adjoining the bra cups together by engaging a connector
positioned between inner sides of each of the bra cups,
wherein the connector comprises a first portion attached to
the inner side of one of the bra cups and a second portion
attached to the inner side of the other bra cup, wherein the
first portion and the second portion are adapted to
cooperatively engage, whereby engaging the first portion and
30 the second portion moves the bra cups and the user's breasts
together and creates an amount of breast cleavage; and

35 adjusting the amount of breast cleavage by removing at
least one of the bra cups from the user's breasts and
repositioning the bra cups at a different position on the
user's breasts, such that the distance between the inner sides

5 of the bra cups before they are adjoined together affects the amount of breast cleavage created when the bra cups are adjoined together.

10 6. The method of claim 5 also comprising increasing the distance between the inner sides of the bra cups before they are adjoined together to increase the amount of breast cleavage created when the bra cups are adjoined together.

15 7. The method of claim 5 also comprising decreasing the distance between the inner sides of the bra cups before they are adjoined together to decrease the amount of breast cleavage created when the bra cups are adjoined together.

20 8. The method of claim 5 wherein each bra cup comprises an outer side facing opposite the inner side and towards the user's armpit, and the bra cup is secured to the user's breast by the pressure sensitive adhesive layer.

25 9. The method of claim 5 wherein the bra cups each comprise a thermoplastic film material supporting the pressure sensitive adhesive layer.

30 10. The method of claim 9 wherein the thermoplastic film material is disposed between a fabric material and the pressure sensitive adhesive layer.